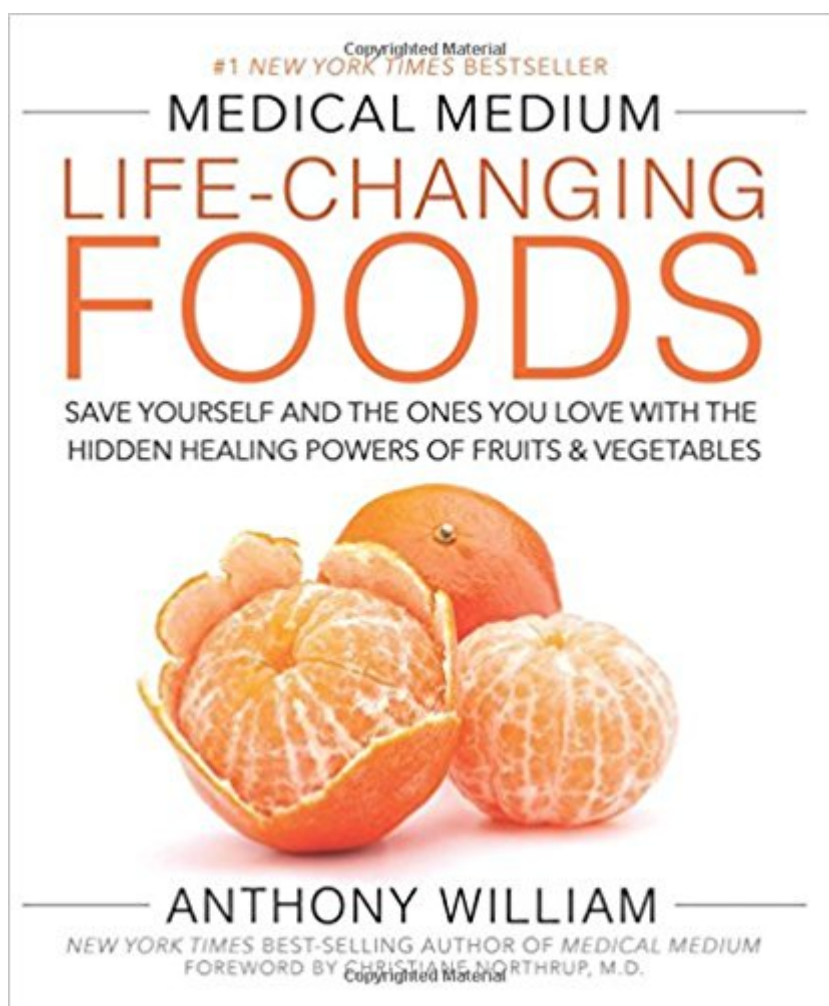


The book was found

Medical Medium Life-Changing Foods: Save Yourself And The Ones You Love With The Hidden Healing Powers Of Fruits & Vegetables



Synopsis

The highly anticipated new release from the groundbreaking, New York Times best-selling author of *Medical Medium*! Experience the next level of medical revelations. Packed with information you won't find anywhere else about the Unforgiving Four—the threats responsible for the rise of illness—and the miraculous power of food to heal, this book gives you the ability to become your own health expert, so you can protect yourself, friends, family, and loved ones from symptoms, suffering, and disease. Unleash the hidden powers of fruits and vegetables and transform your life in the process. ANTHONY WILLIAM, the Medical Medium, has helped tens of thousands of people heal from ailments that have been misdiagnosed or ineffectively treated—or that medical communities can't resolve. And he's done it all by listening to a divine voice that literally speaks into his ear, telling him what is at the root of people's pain or illness and what they need to do to be restored to health. In his first book, the New York Times bestseller *Medical Medium*, Anthony revealed how you can treat dozens of illnesses with targeted healing regimens in which nutrition plays a major role. *Medical Medium Life-Changing Foods* delves deeper into the healing power of over 50 fruits, vegetables, herbs and spices, and wild foods that can have an extraordinary effect on health. Anthony explains each food's properties, the symptoms and conditions it can help relieve or heal, and the emotional and spiritual benefits it brings. And he offers delicious recipes to help you enjoy each food's maximum benefit, from sweet potatoes with braised cabbage stuffing to honey-coconut ice cream. YOU'LL DISCOVER: Why wild blueberries are the "resurrection food," asparagus is the fountain of youth, and lemons can lift your spirits when you've had bad news The best foods to eat to relieve gallstones, hypertension, brain fog, thyroid issues, migraines, and hundreds more symptoms and conditions The particular healing powers of kiwis, cucumbers, cat's claw, coconut, and much more Insight into cravings, how to use stress to your advantage, and the key role fruit plays in fertility Much of Anthony's information is dramatically different from the conventional wisdom of medical communities, so don't expect to hear the same old food facts rehashed here. Instead, expect to get a whole new understanding of why oranges offer more than just vitamin C—and a powerful set of tools for healing from illness and keeping yourself and your loved ones safe and well. Here are just a few highlights of what's inside: Critical information about the specific factors behind the rise of illness and how to protect yourself and your family Foods to repair your DNA, boost your immune system, improve your mental clarity, alkalize every body system, shield you from others' negative emotions, and so much more Techniques to make fruits,

vegetables, herbs and spices, and wild foods the most healing they can be for your individual needs Plus targeted foods to bring into your life for relief from hundreds of symptoms and conditions, including: ANXIETY AUTOIMMUNE DISORDERS CANCER DIABETES DIGESTIVE PROBLEMS FATIGUE FOOD ALLERGIES INFERTILITY INFLAMMATION INSOMNIA LYME DISEASE MEMORY LOSS MIGRAINE STYROID DISEASE WEIGHT GAIN

Book Information

Hardcover: 352 pages

Publisher: Hay House, Inc. (November 8, 2016)

Language: English

ISBN-10: 1401948324

ISBN-13: 978-1401948320

Product Dimensions: 7.8 x 1.1 x 9.2 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 847 customer reviews

Best Sellers Rank: #490 in Books (See Top 100 in Books) #1 in Books > Religion & Spirituality > New Age & Spirituality > Angels & Spirit Guides #2 in Books > Religion & Spirituality > New Age & Spirituality > Channeling #2 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

“Within the first three minutes of speaking with me, Anthony precisely identified my medical issue! This healer really knows what he’s talking about. Anthony’s abilities as the Medical Medium are unique and fascinating.” • Alejandro Junger, M.D., New York Times best-selling author of Clean, Clean Eats, and Clean Gut, and founder of the acclaimed Clean Program “While there is most definitely an element of otherworldly mystery to the work he does, much of what Anthony William shines a spotlight on—particularly around autoimmune disease—feels inherently right and true. What’s better is that the protocols he recommends are natural, accessible, and easy to do.” • Gwyneth Paltrow, Oscar-winning actress, #1 New York Times best-selling author of It’s All Easy, founder and CCO of GOOP.com “Anthony is a magician for all my label’s recording artists, and if he were a record album, he would far surpass Thriller. His ability is nothing short of profound, remarkable, extraordinary, and mind-blowing. He is a luminary whose books are filled with prophecies. This is the future of medicine.” • Craig Kallman, Chairman and CEO,

Atlantic Records

“Anthony’s gift has made him a conduit for information that is light-years ahead of where science is today.”

• from the foreword by Christiane Northrup, M.D., New York Times best-selling author of *Goddesses Never Age* and *Women’s Bodies, Women’s Wisdom*

“Anthony is not only a warm, compassionate healer, he is also authentic and accurate, with God-given skills. He has been a total blessing in my life.”

• Naomi Campbell, model, actress, activist

“My family and friends have been the recipients of Anthony’s inspired gift of healing, and we’ve benefited more than I can express with rejuvenated physical and mental health.”

• Scott Bakula, star of *Basmati Blues*, *NCIS: New Orleans*, *Quantum Leap*, and *Star Trek: Enterprise*

“How very much we have been moved and benefited from the discovery of Anthony and the Compassion Spirit, who can reach us with healing wisdom through Anthony’s sensitive genius and caring mediumship. His book is truly wisdom of the future, so already now, miraculously, we have the clear, accurate explanation of the many mysterious illnesses that the ancient Buddhist medical texts predicted would afflict us in this era when over-clever people have tampered with the elements of life in the pursuit of profit.”

• Robert Thurman, Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies, Columbia University; President, Tibet House US; best-selling author of *Love Your Enemies* and *Inner Revolution*; host of *Bob Thurman Podcast*

“Anthony is a wonderful person. He identified some long-term health issues for me, he knew what supplements I needed, and I felt better immediately.”

• Rashida Jones, actress, producer, and writer; star of *Angie Tribeca* and co-star of *Parks and Recreation*, *The Social Network*, and *I Love You, Man*

“Anthony William has devoted his life to helping people with information that has truly made a substantial difference in the lives of many.”

• Amanda de Cadenet, host and executive producer of *The Conversation*

“Anthony William’s God-given gift for healing is nothing short of miraculous.”

• David James Elliott, *Camera Store*, *Scorpion*, *Trumbo*, *Mad Men*, *CSI: NY*; star for ten years of *CBS JAG*

“Anthony William is the gifted Medical Medium who has very real and not-so-radical solutions to the mysterious conditions that affect us all in our modern world. I am beyond thrilled to know him personally and count him as a most valuable resource for my health protocols and those for my entire family.”

• Annabeth Gish, *Scandal*, *The Bridge*, *Brotherhood*, *The West Wing*, *Mystic Pizza*

“I love Anthony William! My daughters Sophia and Laura gave me his book for my birthday, and I couldn’t put it down. The Medical Medium has helped me connect all the dots on my quest to achieve optimal health. Through Anthony’s work, I realized the residual Epstein-Barr left over from a childhood

illness was sabotaging my health years later. Medical Medium has transformed my life.

• Catherine Bach, *The Young and the Restless*, *The Dukes of Hazzard*

“My recovery from a traumatic spinal crisis several years ago had been steady, but I was still experiencing muscle weakness, a tapped-out nervous system, as well as extra weight. A dear friend called me one evening and strongly recommended I read the book *Medical Medium* by Anthony William. So much of the information in the book resonated with me that I began incorporating some of the ideas, then I sought and was lucky enough to get a consultation. The reading was so spot-on, it has taken my healing to an unimagined, deeper, and richer level of health. My weight has dropped healthily, I can enjoy bike-riding and yoga, I’m back in the gym, I have steady energy, and I sleep deeply. Every morning when following my protocols, I smile and say, “Whoa, Anthony William! I thank you for your restorative gift.”

Yes!

• Robert Wisdom, *Flaked*, *Chicago P.D.*, *Nashville*, *The Wire*, *Ray*

“Twelve hours after receiving a heaping dose of self-confidence masterfully administered by Anthony, the persistent ringing in my ears of the last year began to falter. I am astounded, grateful, and happy for the insights offered on moving forward.

• Mike Dooley, *New York Times* best-selling author of *Infinite Possibilities* and scribe of *Notes from the Universe*

“He was the answer to my desperate prayer.”

“The moment arrived when I had given up knowing what was next. Holding my head heavy in my hands, sobbing uncontrollably at the kitchen table, not knowing which way to turn, I realized I had finally hit a wall. Through the streaming tears and heaving sobs, I whispered what I vowed never to do: I give up. I have nothing left in knowing what is next, I pleaded to the darkness. I prayed for answers.”

“Calvin’s stomach pain had never ceased after a simple upper respiratory cold and stomach upset in January, during his favorite time of year: snowboarding season. Since then, it had been five months of consistent doctor visits, herbs and supplements, acupuncture and energetic healing work, hypnotherapy and homeopathy, psychology, medical tests and procedures, paperwork and phone calls, lab tests and consultations, medicine and vitamins, more tests, and numerous ER visits in snowstorms all leading to a dead end and no hope in sight, with my son’s condition only slowly worsening over time.”

“I had lost faith. I had lost faith in the medical system, in the human ability to be able to help, to have any answers. I was exhausted physically and emotionally, broken down by the relentlessness of my son’s undiagnosable stomach pain and no hope for healing. I had tried everything I could possibly imagine and more.”

“At this point, I was told that it was all in his head and to try the psychiatric route, as they believed there was no physical reason for his condition. I had exhausted

every possibility over the months of exploration with many, many practitioners across the spectrum and even revisited some of them to ask, “Are you sure we have ruled out everything? Are you sure we have not missed something?” “I refused to give up.” Although his unexplained stomach pain did not fit in any clear diagnosable box, and only continued to worsen, it was clear everyone else was done with him, as their bedside manners became unsupportive. “Leaving a medical office one day, pushing my son in a wheelchair (because it was now too painful and tiring for him to walk much) down the long corridor of the medical center from which we had spent many, many hours over many months, my ten-year-old son looked up at me and said, “They aren’t on our side, Mom.” “Through the tears I nodded and said, “Don’t you worry, Buddy. I am ALWAYS on your side. I have not given up, and I will not give up. I am not done.” I tried to hide the uneasiness and the look of “Now what?” “Not long after, I found myself at that kitchen table in despair, praying in the dark. My child was suffering every single day, moaning in pain every single day, and I was helpless, not able to do anything to help ease his suffering, despite the months of determined and persistent efforts. No one understood, no one had the answers, and as much as I knew that it was painful for others to witness, which many friends told me, it was more painful to live in the grueling experiences of a sick child in agonizing pain every day, only to have his condition worsen to being bedridden, with clouded mental faculties that prevented him from reading and doing math work or any work that required mental focus. “Then, the answer to my prayer arrived through a text from my mother explaining she had found someone who I should check out named Anthony William. I looked him up on his website and I felt chills enter my body, chills of hope as I read through his website. I sent an email explaining my plight. Anthony William knew what was ailing my son within the first three minutes of our phone conversation, explaining that Calvin had a mutated shingles virus inflaming his vagus nerve. This explained the nerve pain and the lack of physical evidence in any blood work or other existing diagnostic tools. It also explained the reason behind the mental/brain struggle in Calvin’s reading and schoolwork. “Anthony reassured me that this was a physical cause for his “mystery illness” and was NOT psychological. Tears ran down my face •my gut instinct finally being acknowledged as true. He was the ONLY person who had ever been able to pinpoint so confidently, quickly, and accurately a direction for healing. “Anthony proceeded to flood me with information that would aid in my son’s healing, which I vigorously wrote down. He was deeply caring and reassuring. He was available to me when I needed him for follow-up calls (even in the middle of the night), emotional support, and as my cheerleader to keep me going as Calvin recovered. Anthony

understood the intense stress placed on our whole family as we endured the intensity of his painful illness for so long without any progress. He never failed in his delivery to be supportive and compassionate. Over the course of the next two months, staying true to the protocol, my son healed. He was back to being himself, an active, engaged, happy, pain-free ten-year-old boy. Five years later, my son continues to thrive without any setbacks in his health. I am forever grateful for Anthony for saving my son's life, for restoring my faith in the human ability to be of help, and for supporting faith in my own inner wisdom when it comes to my gut instinct as a mother. "It is clear how deeply committed Anthony is to his work in serving others in order that they may have the possibility to lead healthy, vibrant lives. He truly is a gift to the world."

• Kristin Cassidy "Anthony is a seer and a wellness sage. His gift is remarkable. With his guidance I've been able to pinpoint and address a health issue that's been plaguing me for years."

• Kris Carr, New York Times best-selling author of Crazy Sexy Juice, Crazy Sexy Kitchen, and Crazy Sexy Diet "Anthony William is the Edgar Cayce of our time, reading the body with outstanding precision and insight. Anthony identifies the underlying causes of diseases that often baffle the most astute conventional and alternative health-care practitioners. Anthony's practical and profound advice makes him one of the most powerfully effective healers of the 21st century."

• Ann Louise Gittleman, New York Times best-selling author of 30 books on health and healing and creator of the highly popular Fat Flush detox and diet plan "I rely on Anthony William for my and my family's health. Even when doctors are stumped, Anthony always knows what the problem is and the pathway for healing."

• Chelsea Field, The Last Boy Scout, Andre "As a Hollywood businesswoman, I know value. Some of Anthony's clients spent over \$1 million seeking help for their 'mystery illness' until they finally discovered him."

• Nanci Chambers, co-star of JAG; Hollywood producer and entrepreneur "Anthony William's invaluable advice on preventing and combating disease is years ahead of what's available anywhere else."

• Richard Sollazzo, M.D., New York board-certified oncologist, hematologist, nutritionist, and anti-aging expert and author of Balance Your Health "Whenever Anthony William recommends a natural way of improving your health, it works. I've seen this with my daughter, and the improvement was impressive. His approach of using natural ingredients is a more effective way of healing."

• Martin D. Shafiroff, Managing Director of Barclays Capital; rated #1 Broker in America by WealthManagement.com and #1 Wealth Advisor by Barron's "Any quantum physicist will tell you there are things at play in the universe

we can't yet understand. I truly believe Anthony has a handle on them. He has an amazing gift for intuitively tapping into the most effective methods for healing.

• Caroline Leavitt, New York Times best-selling author of *Cruel Beautiful World*, *Is This Tomorrow*, and *Pictures of You*

"I had a health reading from Anthony, and he accurately told me things about my body only known to me. This kind, sweet, hilarious, self-effacing, and generous man also so otherworldly and so extraordinarily gifted, with an ability that defies how we see the world has shocked even me, a medium! He is truly our modern-day Edgar Cayce, and we are immensely blessed that he is with us. Anthony William proves that we are more than we know.

• Colette Baron-Reid, best-selling author of *Uncharted*, TV host of *Messages from Spirit*

"In 2015, my previously healthy five-year-old daughter started to develop neurological issues such as wobbly legs, frequent falls, an inability to walk when going from sitting to standing, general weakness, and decreased strength. She was at the point of thirty leg episodes a day, and it was worsening week by week. We went to different specialists at one of the best children's hospitals no answers, other than a neurologist's label of paroxysmal kinesigenic dyskinesia. Being a nurse for ten years and my medical community not providing me answers about why my daughter was getting worse was a hard pill to swallow. It hit home too hard.

"At first, I was too scared to contact Anthony William about my daughter, because we hadn't yet ruled out a brain/spine tumor, and I was so scared to hear the truth. But after some time, I got an appointment with Anthony, and he explained everything that my daughter had a specific virus that he knew about in her brain. In that moment, I felt like I became a different person. Hearing the truth from Anthony William and having a protocol to follow literally changed me forever! I got hope! With my daughter on the protocol, my family and I started to see improvements in her. She stopped falling, was getting stronger, and her leg episodes were fewer and fewer! Now, a year later, she is the strongest she has ever been and can physically function like any six-year-old. I believe angels from above led me to Anthony William just when I needed him the most. Forever grateful!

• Justyna Siek

"Anthony William changed my son's life for the better in 2007. My son was lethargic, pale, and struggled with a chronic asthmatic cough. He had a lack of appetite and did not have energy to participate in much activity. After visiting multiple doctors in several different states without any answers except asthma and medications to treat the asthmatic symptoms, I was fortunate enough to have a session with Anthony William where he gave me specific information about the source of my son's problems as well as holistic ways in which to repair them. Nine years later, my son is a high-level athlete who is thriving in all areas of

his life. It is hard to express the gratitude I feel toward Anthony William for his invaluable insight that directly led to my son's amazing recovery into the teenager I always hoped he could be - active, healthy, happy, and enjoying life with a smile on his face and boundless energy!

• Eva Thompson

Anthony William, New York Times best-selling author of *Medical Medium: Secrets Behind Chronic and Mystery Illness* and *How to Finally Heal*, was born with the unique ability to converse with a high-level spirit who provides him with extraordinarily accurate health information that's often far ahead of its time. Since age four, when he shocked his family by announcing that his symptom-free grandmother had lung cancer (which medical testing soon confirmed) Anthony has been using his gift to "read" people's conditions and tell them how to recover their health. His unprecedented accuracy and success rate as the Medical Medium have earned him the trust and love of hundreds of thousands worldwide, among them movie stars, rock stars, billionaires, professional athletes, best-selling authors, and countless other people from all walks of life who couldn't find a way to heal until he provided them with insights from Spirit. Anthony has also become an invaluable resource to doctors who need help solving their most difficult cases. Learn more at www.medicalmedium.com.

This book joins a personal library of nutritional references which numbers in the high 50s, but it is hands-down one of the most inspiring and useful I have ever encountered. First, it is a physically beautiful book, with glossy pages and lovely photos which surprised and delighted me. That will also allow this book to stand up to the incessant use I plan to give it, because it's quite well-made. Second, the information is stunning. For about 20 years I have wrestled with some chronic issues which seem to be epidemic these days but would find temporary solace venturing down a few nutritional paths. High fruit raw felt the best, but trying to adhere to random dogmas or eschew my longing for things like avocado or coconut, because of malarkey about that trapping fruit sugar in the blood and feeding candida (looking at you, Doug Graham) made that seem impossible to maintain. This little food oracle book, which is how I actually make use of this clever tome, gives you wonderful information about the healing benefits of lots of fruit, veg, wild food and herbs. I find it particularly charming and helpful in that it also addresses the emotional and spiritual effects of food, and that is a huge oversight in every other paradigm I have seen. This gets very specific, and for some it might seem too "far out" but my husband and I were reading it together last night and were chuckling at how spot-on those descriptions were in our experience. In just the last couple of days of

making changes to bring me back to lots of fresh, organic fruit, tender greens and plant-based raw fats the change in my energy, mood and overall disposition is startling. What we eat has an impact far beyond scientific nutritional frameworks, and it's about time someone acknowledge that, loudly. There are more layers to this book than I can really go into during a pithy little review, but suffice it to say this is life-changing for me, and I suspect many people will feel the same way if they come to this with open minds and a deep desire to heal and be truly well, on every level.

Truly life changing, start with simple changes and slowly add more. Simple as blueberry banana coconut water smoothies can reverse a lot of damage, later add the barley grass juice powder, dulce, and Hawaiian spirulina! My fatigue is nearly gone after 2 months of this smoothie once a day!

I love, love, love this book! Delicious recipes, simple to make and easy to improvise when I want to alter them. This is the first cookbook that has inspired me in many years--because it emphasizes the aliveness of plants and the healing qualities of food. I bought a masticating juicer as he recommended and am now juicing one or twice daily. The photos are gorgeous. I have followed Mr. William's guidelines on eating specific foods for particular health concerns. They work! I also find recipes on his blog. I listened to his podcast on strep and started eating raw spinach soup--which clears my sinuses, as spinach kills strep, which has been the underlying cause of years of "allergies." As a general rule, I feel dismissed, discounted and unheard by doctors. Pharmaceuticals have harmed my health more than helped. I tend to get the "side effects" without the benefits. When I find a doctor who does listen, their training prevents them from thinking outside the box--which is where I get the most benefit. Most doctors do not know that the AMA was founded in the late 19th century by pharmaceutical magnates trying to create legitimacy for their dubious products. In my opinion, the history of the AMA should be taught in medical schools or in American history in high schools. I can't say enough good about this book and his first book, Medical Medium. In the 2 months I've been following his guidelines on what to eat and supplementation, my health has improved enormously. Best of all, I know I'm on the right track and my health will continue to improve. His books have empowered me to take responsibility for my health, which is after all what makes the most sense. I am not a victim of past ignorance and eating habits, nor of illnesses inherited from previous generations. Daily I am rebuilding my nervous system, my digestion and immune system. The difference in my skin alone is remarkable. My skin is smooth and soft now, so much so that people remark on it. Before it was dry, itchy and patchy.

I don't often rate a book five stars, but this one is actually closer to a 10. Anthony does an amazing job of cutting through all the hype, confusion, and general bewilderment that surrounds our health (and health crisis). On one hand, it seems so simple that fruits and vegetables could be the answer to our health woes, but don't underestimate the power of what he's sharing in this amazing book. This is truly a game changer. Don't walk, RUN to get your copy.

Life Changing is exactly correct title for this book! It will change your life and whomever you share it with. There is SO much knowledge in this amazing book. I will be so forever grateful to Anthony William for writing this book. Many blessings to you Anthony. There's no other like you. Thank you for helping me and everyone else I love to heal. Happy Healing Everyone!

I am thrilled and so grateful for this book! I have always known deep in my heart how foods can heal us on a physical and emotional level. I feel vindicated by the wisdom, blessings and insight this book offers!! I knew it and could always feel it!! Buy several copies to give to everyone you love! Thank you Anthony and Spirit for the gift of this book and honoring the gift of these Life Changing Foods!

It's great to read a book with so many plant-based recipes! If you have any health challenges, Medical Medium will guide you to eat the best foods to heal. Yes! Heal with foods. You won't find this information anywhere else. This is a must-read. This is a book I will keep as a reference book and also be giving as gifts to my favorite people.

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foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables Hydroponics: The Simple Guide to Hydroponics Gardening For Beginners, Grow Organic Vegetables, Fruits and Herbs to save time and money!(Hydrofarm, Homesteading, Aquaculture, Aquaponics, Horticulture) The Beginner's Guide to Making and Using Dried Foods: Preserve Fresh Fruits, Vegetables, Herbs, and Meat with a Dehydrator, a Kitchen Oven, or the Sun Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Health Benefits and Healing Power of Fruits and Vegetables: Inflammation, Anti-aging, High Blood Pressure and Much More... The Juice Lady's Guide To Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables Revised Edition The Juice Lady's Guide to Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables How to Grow More Vegetables, Ninth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land with Less Water Than You Can Imagine Medical Terminology: Medical Terminology Easy Guide for Beginners (Medical Terminology, Anatomy and Physiology, Nursing School, Medical Books, Medical School, Physiology, Physiology) Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) I Love to Eat Fruits and Vegetables I Love to Eat Fruits and Vegetables (English Chinese Bilingual Collection)

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